

## **RECIPE: LAMB MEDALLIONS**

### **BREAKFAST FOODS**

**Honey, 0.76 oz.**

### **CONDIMENTS & OIL**

**Extra virgin olive oil**

### **DAIRY**

**Butter, 4.05 oz.**

### **MEAT**

**Lamb, 2 loins**

### **VEGETABLES**

**Fava beans, 10.71 oz.**

**Garlic, 4 cloves**

**Red onion, 1 large**

**Fresh thyme**

### **MISCELLANEOUS**

**Red verjus, 1 cup**

**Arugula (garnish), to taste**